

Montana WIC Retailer
NEW WIC FOODS TRAINING POST TEST - Answer Key

Page 17

Name: _____
 Store Name _____

Date: _____
 WIC Authorization Number: _____

Instructions:

Use the *2009 Montana WIC Approved Food List* to complete the following questions.

New Montana WIC Foods

Mark Y (for Yes) or N (for No) in the second column to show if the items listed on the right are WIC-approved according to the WIC benefit and the *2009 Food List*.

WIC Benefit Shows:	WIC Allowed? Yes or No	Item
12 Ounces Breakfast Cereal	1. N 2. Y 3. N	One box Kellogg's Rice Krispies (11 oz) One box General Mills Wheaties (12 oz) One box Post Kix (12 oz)
16-14 oz package brown rice	4. N	One Uncle Ben's instant brown rice box (12-oz)
16 oz loaf whole grain bread or 16-14 oz brown rice	5. N	One loaf Franz Stone Ground 100% Whole Wheat bread (24 oz)
2 12 oz cans frozen concentrate WIC juice	6. N	One Minute Maid brand frozen OJ (12-oz) can and One Welch's brand frozen grape (12 oz) can
1 64 oz plastic bottle WIC juice	7. Y	One Old Orchard brand white grape
1 Gallon whole milk	8. Y	Two half-gallons whole milk
1 Gallon skim, 1%, or 2% milk	9. N 10. N	One half-gallon 2% Organic milk One half-gallon whole milk
4 Quart(s) Pacific Natural Foods Ultra Soy Beverage	11. N	Two half-gallons Silk brand Soy Beverage
1 18-16 oz jar peanut butter	12. Y	One 16 oz jar Jiff - creamy
4 16-14 oz can(s) beans	13. Y 14. N 15. N 16. N	One can of black beans (15 oz) One can pork and beans (14 oz) One can refried beans (15 oz) One can chili beans with mild chili sauce (14 oz)
16 4 oz jars Beech-nut or Gerber baby food fruits and/or vegetables	17. Y 18. Y 19. N	Five Beech-nut applesauce (4 oz) jar, and Five Gerber squash 2nd Foods (4 oz) jar, and Six Nature's Goodness prunes with pears (4oz) jar
30 ounces canned tuna and/or salmon	20. Y 21. N	Two cans Star-Kist tuna (5 oz), and One can store brand red salmon (14.5 oz)
1 16 oz package cheese	22. Y 23. N	One package store brand cheddar cheese (8oz), and One package Tillamook brand Monterey Jack cheese (8oz)
1 dozen eggs	24. N	One dozen brown, free range eggs

Knowing the Allowable Foods

Circle the **BEST** answer:

25. To determine if a food item is WIC-allowed for a WIC customer:

- ⇒
- a. Review the WIC benefit, the *Food List* and the food item in question. With the customer, determine if the item is:
 - a) listed on the WIC benefit and b) allowed in the *Food List*.
 - b. Rely on your store's cash register system to tell you if items are WIC-allowed.
 - c. Ask the WIC customer.

26. Why isn't the Montana Food List easier?

- a. WIC foods need to be available throughout Montana for WIC customers
 - b. All items on the grocery shelf are equally nutritious so WIC customers are able to pick any food item they wish.
 - c. The WIC foods in the *Food List* need to be nutritious items that meet strict state and federal rules.
- ⇒
- d. A and C are true.

Fruits and Vegetables

Mark Y (for Yes) or N (for No) in response to the following questions.

27. Y A WIC customer has two benefits for fruits and vegetables. Can her WIC benefits for fruits and vegetables be combined?

28. N Can the WIC participant pay the extra amount if her fruit and vegetable items add up to more than the dollar amount shown on her fruit and vegetable benefit?

29. N Can the WIC participant get cash back if her fruit and vegetable items add up to less than the dollar amount shown on her fruit and vegetable benefit?

Mark Y or N to show if the items listed on the right are WIC-approved for the WIC customers according to the 2009 *Food List* if the WIC benefit shows: \$6 Dollars Fresh Fruits and/or Fresh Vegetables and/or Frozen Vegetables.

WIC-Allowed? Yes or No	Item
30. Y	Customer #1 - Bag of Spinach (\$5.99 per bag)
31. N	Customer #2 - Frozen stir fry mix (with chicken and noodles) (\$6.99 per bag)
32. N	Customer #3 - Salad Kit with croutons & cheese (\$4.00 per bag)
33. N	Customer #4 - A pound of cilantro (\$5.99 per pound)
34. Y	Customer #5 - A bag of frozen peas (\$1.20 per bag), and A carton of organic blueberries (\$3.50 per carton), and A pound of bananas (\$1.10 per pound)
35. Y	
36. Y	
37. N	Customer #6 - 2 bags of frozen French fries (\$2.99 per bag)

Divide the number of correct answers by 37 to determine the percentage of accuracy.

of Correct Answers: ____ /Total Questions: 37 = ____ % Correct (Should be over 70% for cashiers.)